

TECHNIQUE JIU JITSU TIME TABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels (No-gi) 11:00am-12:00pm	All Levels (No-gi) 11:00am-12:00pm	All Levels (No-gi) 11:00am-12:00pm	All Levels (No-gi) 11:00am-12:00pm	All Levels (No-gi) 11:00am-12:00pm	Little Jits 9:30am-10:30am
Open training time 12:00pm-12:30pm	Open training time 12:00pm-12:30pm	Open training time 12:00pm-12:30pm	Open training time 12:00pm-12:30pm	Open training time 12:00pm-12:30pm	Junior Jits 10:30am-11:30am
Little Jits 4:00pm-5:00pm		Little Jits 4:00pm-5:00pm			
Junior Jits 5:00pm-6:00pm	Junior Jits 5:00pm-6:00pm	Junior Jits 5:00pm-6:00pm			
Foundation Practice 6:00pm-7:00pm	Foundation Practice 6:00pm-7:00pm	Foundation Practice 6:00pm-7:00pm	Foundation Practice 6:00pm-7:00pm		Foundation Practice 12:30pm-1:30pm
All Levels (No-gi) 7:00pm-8:00pm	All Levels (No-gi) 7:00pm-8:00pm	All Levels (No-gi) 7:00pm-8:00pm	All Levels (No-gi) 7:00pm-8:00pm	All Levels (No-gi) 7:00pm-8:00pm	All Levels (No-gi) 1:30pm-2:30pm
Open training time 8:00pm-8:30pm	Open training time 8:00pm-8:30pm	Open training time 8:00pm-8:30pm	Open training time 8:00pm-8:30pm	Open training time 8:00pm-8:30pm	Open training time 2:30pm-3:00pm

*Our practices do not require the traditional "Gi" or uniform. All that is required is suitable workout attire that covers the shoulders (like a t-shirt or rash guard) and shorts or pants that have no zippers, no buttons, no metal or plastic fixtures, preferably without pockets or with pockets sewn closed.

Foundation practice: For an adult just starting out in Jiu Jitsu, here is where you start. We begin by attuning you to the grappling environment. Here you are introduced to the critical foundational situations and goals of Jiu Jitsu, in a way where you will actually be able to safely feel how a resisting opponent behaves and learn how you interact with them. Providing you with a great workout and a true understanding of how Jiu Jitsu operates.

All Levels practice: After around 6-12 weeks of consistent training with us in the **Foundation practice** you will be invited to participate in **All Levels** practice. Once you are acclimated to training, your next goal is to be able to implement what you have learned and add to your effective arsenal by continuing your training and developing your skills to a much higher level. Also, if you feel that competition is for you, extra practice is available to prepare you for your competitive aspirations.